Measuring Blood Sugar/Insulin

Sugar impact will also give you an idea of insulin levels. As one cannot easily measure insulin levels at home, we are able to use sugar in the blood as an indicator.

To do this, purchase a glucometer. A glucometer is a small battery operated machine that measures how much sugar is in your blood at any one time and is a wonderful tool to see exactly which foods are high in sugar impact and which foods are low. Generally the meters are fairly low cost but the strips may be more expensive. Most Pharmacies and some big department stores supply them off the shelf.

1. Record the measurement as well as what you have eaten.
2. Start with when you wake up, before any food. This is your fasting baseline.
3. Initially record 1 hour after a regular meal (what you habitually eat regularly)
4. Then 2 hours after that meal.
5. Note which foods give you higher readings. Experiment with combinations. For example: A carbohydrate breakfast of cereal and muffin compared with a protein breakfast of eggs and bacon.

This way you will see which meals spike your blood sugar and how long after the meal this peak occurs, as well as how long it takes you to return to normal.

Begin to eliminate carbohydrates from your meals. Re-test and compare your readings with the ones taken when you were eating a diet rich in starchy carbohydrates.

Remember that whenever you eat carbohydrates, your body is flooding insulin. The higher the GI of the food, the more insulin is necessary.

What are considered acceptable blood sugar readings?

Fasting blood sugar under 100 mg/dl or 5.5 mmol/L
One hour after meals under 140 mg/dl or 7.8 mmol/L
Two hours after meals under 120 mg/dl or 6.6 mmol/L

Perfect Glucose Readings

1. Blood sugar should never go above 138.6 mg/dl or 7.7 mmol/L no matter what you eat

2. Optimal health levels rarely go above 99 mg/dl or 5.5 mmol/L

3. Avoid foods that take it to above 108mg/dl or 6mmol/L if you are insulin resistant.

4. Normal fasting is 4.6 or even below

Aim for meals that do not spike your sugar above 5.5 - 6mmol/L

If you feel Hypoglycemic during the transition period, eat small snacks between meals, always with a protein and maybe also with a fruit if you feel shaky. Adjust your next meal to include more protein and more fibrous and colorful vegetables, to slowly push the time out between meals.

The supplements magnesium and chromium increase the cellular sensitivity to insulin so if you are on insulin injection, you may have to make small adjustments to your units if you are feeling Hypoglycemic. Discuss with your doctor and reduce your insulin by a unit at a time to see if your hypoglycemia settles.

Test often until you are familiar with your body and how it responds to certain foods. The initial cost is well worth the long term benefit and ultimate saving later on.